

Abstract of Disclosure

[0059] The invention is a Pointe shoe for ballet. It has a rigid mid-foot section and a rigid toe loop connected by a transverse axis joint located at the metatarsal-phalange joint (M-P). With the foot in Pointe position, the weight of the dancer is supported by the rigid mid-foot section. The downward force is passed through the M-P joint to the front of the toe loop. None of the weight of the dancer needs to be supported by the toes. In contrast, prior art Pointe shoes have a rigid shank and toe box to assist the toes in supporting the weight of the dancer. The toes have small bones, muscles, and ligaments. This often results in pain and injury to the toes. The shoe of invention has a mid-foot section that is shaped with support surfaces for the sole of the heel bone and the dorsal side of the cuneiform and metatarsal bones. These bones are larger and stronger than the bones of the toes. This shoe provides a larger area of bone and tissue to support the weight of the dancer on Pointe. It is more comfortable to use and results in fewer injuries.